

**Mt. San Antonio College
Employee Wellness Committee
Memory February 7, 2018**

Committee Members:

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| <input checked="" type="checkbox"/> Duetta Langevin | <input checked="" type="checkbox"/> Joe Jennum | <input checked="" type="checkbox"/> Marti Whitford | <input checked="" type="checkbox"/> Arthur Gonzalez - Unit 651 Representative |
| <input checked="" type="checkbox"/> K.C. Kranz | <input checked="" type="checkbox"/> Stacy Lee | <input checked="" type="checkbox"/> Carmen Conover, Kaiser | <input checked="" type="checkbox"/> Andrea Solorzano (notes) |
| <input checked="" type="checkbox"/> Joanne Franco | <input checked="" type="checkbox"/> Zaira Jimenez | <input checked="" type="checkbox"/> David Casto - Unit 651 Representative | <input checked="" type="checkbox"/> Sandy Cisneros, UHC |
| <input type="checkbox"/> Sandra Weatherilt | <input type="checkbox"/> Lianne Greenlee | | |
| <input checked="" type="checkbox"/> Melissa Aguirre | <input checked="" type="checkbox"/> Mari Ceja | <input checked="" type="checkbox"/> Meagan Nolan- Marion | |

ITEM	DISCUSSION/COMMENTS	ACTION/OUTCOME
1. Welcome/Introductions	Introductions – Mari Ceja, Meagan Nolan-Marion and Sandy Cisneros	
2. Agenda Review		
3. Review meeting notes from November 1, 2017	Notes reviewed and Approved	
4. Employee Wellness Fair Recap	<ul style="list-style-type: none"> • Took Place on November 3rd – a Friday • It was a successful event/ weather was great / we had lots of help • Some vendors cancelled – Pomona Valley Hospital and the Therapy Dogs • More stations on mental wellness focus • Suggested more signage for Yoga – promote more ahead of time and sign up ahead • 154 raffles turned in – there were lots of great prizes 	

	<ul style="list-style-type: none">• There were great evaluations from vendors – they want to participate next time. One vendor wasn't aware of who the audience was even though it was promoted and they were told it's an employee wellness fair.• Next time we will have a veggie option for lunch• Parking permits for vendors will make sure we fix it to make sure it's easier• Mentioned that maybe time can be moved for more grounds and custodial attendance• Caroline from Kaiser provided a handout regarding Biometric screening results – 45 people in 2017/ 54 people in 2016. So not as many people (could be a whole different group of people so it a little hard to compare the results.) No dramatic difference and nothing too much stood out. Even with the blood pressure there was not much of a difference. The scheduling of the appointments was easy and did well. It was asked how often this should be done. Usually only once a year.• Mari asked about if we had a vendor or	
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	<p>in the biometric screening if they did bone density. Mari will find out vendor. Marti will ask Dr. Lee too</p> <ul style="list-style-type: none"> • Discussed survey – questions capturing input on time/day? Faculty? What about Flex day for faculty? If didn't participate, why? Work with Lianne and research. 	
<p>5. Upcoming Employee Wellness Activities</p> <ul style="list-style-type: none"> • Wellness Lecture Series • Finding Balance Campaign • Healthy Cooking Classes 	<p>Wellness Lecture Series</p> <ul style="list-style-type: none"> • We had healthy habits last week for January • Carmen did a health heart lecture and stress lecture on 2/6/18 and in April <p>Finding Balance Campaign</p> <ul style="list-style-type: none"> • Rest and Revive is a campaign from Kaiser as well – Kaiser can provide raffle items on a regular basis – Fitbit • Kaiser stress management <p>Healthy Cooking Classes</p> <ul style="list-style-type: none"> • KC has reached out to Sandra W- looking into some instructors that want to help. Funding? Availability? 	

6. Committee Budget	<ul style="list-style-type: none">• More to come next month• Still in process on working on budget• Incentives through foundation – does not impact employees – physical prizes – Incentives have worked well• Duetta got a ok from Mike to use safety credit to purchase	
7. Walker Tracker	<ul style="list-style-type: none">• Meeting with walker tracker on 2/20• Pull together to see what wellness incentives look like• More reasonable in cost• Able to track on app• USR uses walker tracker – KC reached out• Duetta to ask walker tracker about weight and tracking• Incentives ideas – levels and teams, drawings for prizes which makes it fair, Tracked points (based on level and into a bucket for a prize)• Facilities master plan – walking paths• Walking clubs suggested	

8. Roundtable Discussions	<p>The group discussed may different ideas to Promote wellness and different types of challenges that we can possibly do.</p> <ul style="list-style-type: none">• Planking Challenge• Promotion with Specialty Shoe stores• Wellness Tip and Healthy Recipes• Weight Watchers – didn't work out not enough participation last time• Hardy Health – white paper for it on website KC will check KP• Mindful movement challenge• Promoting the wellness program and getting the message out to Management – KC and Duetta will work together to get it out there and speak at the monthly managers meetings. Silo busters, come up with data and productivity to show. What comes out of it! Mangers Handbook with a piece about wellness• United Health Care – will send info to KC about Wellness survey and program similar to walker tracker – it is only for Members though	
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Wellness Task Force
Group Memory

Future Action Items	Go over wellness website with Managers – demonstrate and show them – possible managers meeting	
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